CITIZENS OF THE KINGDOM ORTHODOXY

Purification - Illumination - Glorification

NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons🌙." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌕 = a beginning of a new month)

THOUGHT OF THE MONTH

Dear beloved ones,

This month's Full Moon calls us into a new season — one that asks for discernment, gentleness, and the reclaiming of what truly matters. Not through force or fear, but through awareness, order, and intentional living.

At its heart, this newsletter is about taking back control — not over others, but over the spaces we are entrusted with: **our bodies, our homes, and our children.** The Heavenly Father designed life to flourish within **rhythm, rest, and balance**. When these are honoured, families thrive. When they are ignored, strain quietly enters the household.

The Full Moon has always been a time of illumination. What is hidden, surfaces. What has been ignored, asks to be addressed. Many families are feeling this now — restless children, overstimulated minds, tired mothers, rising anxiety, short tempers, and a constant pressure to keep up. These are not personal failures. **They are signals of misalignment.**

THE BODY IS NOT MALFUNCTIONING.

It is responding. Modern life rewards speed, comparison, and constant performance. Even within families, **competitiveness and unhealthy rivalry have become normalised — children pushed to outdo one another, parents measuring worth through achievement, households driven by pressure rather than peace. Yet the body and spirit were never designed for competition. They were designed for cooperation, safety, and growth.**

TRUE STRENGTH DOES NOT COME FROM STRIVING.

It comes from stability. This newsletter continues the conversation we began previously — that separation is not merely leaving systems or changing labels. **True separation begins at home**. It begins with **how we eat, how we rest, how we protect nervous systems**, and **how we create environments** where children feel secure rather than rushed, and mothers feel supported rather than stretched beyond measure.

TECHNOLOGY MUST ADAPT TO BIOLOGY — NOT THE OTHER WAY AROUND.

Households must be built around human limits, not unrealistic expectations. And progress that costs family health, emotional regulation, or childhood innocence, is not progress at all.

As this Full Moon rises, may it invite your household into **stillness rather than strain**. May it encourage parents to **slow the pace, quiet the noise, and remove unnecessary pressures**. And may it restore order, where peace — not rivalry — becomes the foundation.

This is how we take back control — not by doing more, but **by doing what aligns with the wisdom the Heavenly Father placed in creation.**

AND REMEMBER ALWAYS TELL YOURSELF TO WALK IN THE FOOTSTEPS OF YESHUA... A SURE WAY TO STAY ON TRACK.

May this Full Moon start to bring clarity, rest, and right alignment to your home.

With much love,

SNOW MOON AWARENESS — 2 FEBRUARY

The Snow Moon is a time the Heavenly Father built into creation **for stillness, reflection, and restoration.** In nature, growth slows — not because life is failing, but because strength is being renewed beneath the surface.

Although called the Snow Moon in Northern Hemisphere traditions, the full moon's influence on the body and creation is felt worldwide, including here in the Southern Hemisphere.

If your body feels more sensitive, your sleep lighter, or your spirit in need of quiet, listen.

These rhythms are not a weakness. They are reminders of how we were designed to live — in step with the order the Heavenly Father set in place.

This full moon invites us to slow down, cleanse gently, eat simply, and return to rest.

To honour sleep. To reduce noise. To realign body, mind, and home with His design. When we move with His rhythms instead of resisting them, clarity returns.

FULL MOON REFLECTION:

INFLAMMATION IS A SIGNAL, NOT A FLAW

At the full moon, everything is revealed. Not because something new appears — but because light exposes what has quietly been building. Inflammation works the same way. Most people think inflammation is an enemy to fight, suppress, or medicate away.

It is what happens when the body has been irritated too often, too long, without adequate rest or repair.

Chronic inflammation is not caused by one dramatic event. **It comes from small, repeated insults that the body is expected to tolerate indefinitely.** This full moon is an invitation to stop fighting the body — and start listening to it.

1. STOP IRRITATING THE BODY DAILY

Inflammation rarely comes from excess alone. It comes from repetition. Common daily irritants include seed oils such as sunflower, canola, and soybean oils.

- **Refined sugar** and constant snacking keep the body in a perpetual state of insulin demand.
- **Ultra-processed foods** burden the liver and gut.
- **Synthetic fragrances** — especially on skin — irritate the nervous and immune systems.
- **Over-cleansing** and **over-exfoliating** damage protective barriers.
- And perhaps most overlooked of all: **constant stress** without true rest.

Even things labelled "healthy" can become inflammatory when they override the body's limits. The body does not ask for perfection. It asks for relief.

2. STABILISE BLOOD SUGAR

Blood sugar instability is one of the fastest ways to create inflammation. When blood sugar rises and crashes repeatedly, the body releases stress hormones to compensate. Over time, this becomes inflammatory to tissues, nerves, joints, skin, and mood. A calmer approach restores order:

- Eat protein and fat first, carbohydrates last.
- Avoid eating carbohydrates alone.
- Stop eating all day.
- Eat complete meals, then allow the body to rest between them.

Inflammation thrives in chaos. The body heals in predictability.

3. SUPPORT THE GUT QUIETLY

Most chronic inflammation begins in the gut lining, long before it appears in the skin, joints, or bloodstream. The goal is not to attack the gut — but to calm it. Bone broth and collagen help restore the gut barrier. Fermented foods can support microbial balance when used gently.

Constant antibiotics and harsh cleanses often do more harm than good. Removing irritants is far more powerful than adding supplements. **When the gut calms, the immune system calms.** When the immune system calms, the skin often follows.

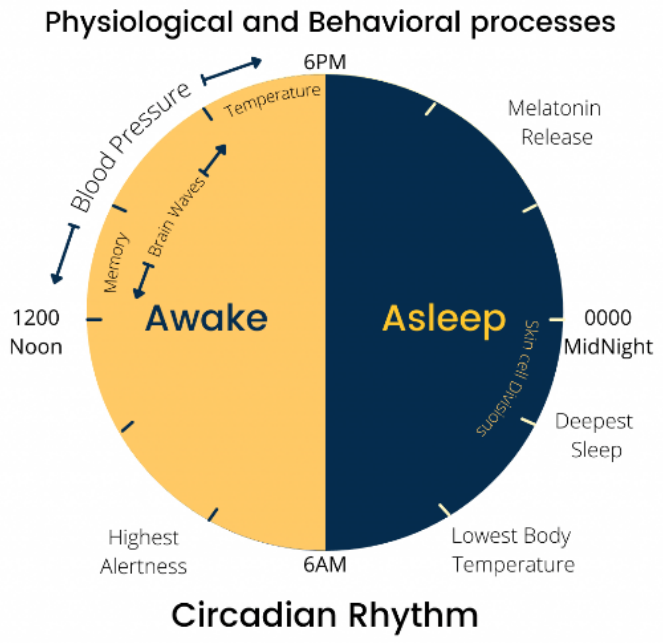
4. HYDRATE WITH MINERALS, NOT JUST WATER

Water alone is not always hydrating. Without minerals, excessive water intake can dilute electrolytes and stress cells. Dehydrated cells are inflamed cells. A simple correction makes a difference:

- A pinch of sea salt in water.
- Mineral-rich foods.
- Unsweetened coconut water when needed.

Hydration is not about volume. It is about balance.

5. RESTORE CIRCADIAN RHYTHM



Circadian Rhythm

This is one of the most powerful — and most ignored — anti-inflammatory tools. The body repairs itself on a schedule. When that schedule is disrupted, inflammation rises.

- Morning sunlight in the eyes helps regulate hormones.
- Eating during daylight hours supports digestion and metabolism.
- Sleeping before midnight matters more than sleeping late.
- Rest days without stimulation allow the nervous system to downshift.

The body heals on rhythm, not on demand.

6. CHOOSE GENTLE SKIN CARE

Skin inflammation is rarely just a skin problem. It reflects what is happening internally.

Daily exfoliation, strong acids, alcohol-based toners, and excessive "actives" damage the skin barrier and signal danger to the immune system.

Calmer skin comes from fewer products, barrier-first care, and patience. Healthy skin knows how to shed on its own when it feels safe.

7. LOWER THE NERVOUS SYSTEM LOAD

A constantly alert nervous system keeps the body inflamed, no matter how clean the diet or skincare routine. Simple regulators matter:

- Slow breathing.
- Silence.
- Time in nature.
- Warm baths.
- Saying no without guilt.

Inflammation is often the body saying, "I have not felt safe in a long time."

THE DEEPER PRINCIPLE

Inflammation decreases when the body feels nourished, rested, unthreatened, and held in consistent rhythm. It does not resolve through force. It does not heal through punishment. It softens when the body is treated as an ally instead of a problem to fix.

THIS FULL MOON, LET THE LIGHT REVEAL WHERE THE BODY IS ASKING FOR COOPERATION RATHER THAN CORRECTION. HEALING FOLLOWS UNDERSTANDING.

FULL MOON REFLECTION:

TECHNOLOGY MUST ADAPT TO BIOLOGY — NOT THE OTHER WAY AROUND.

The Full Moon has always been a time of illumination. What was hidden comes into view. What was ignored asks to be acknowledged. In this season, one truth is becoming impossible to dismiss: **The human body is not failing. It is responding.**

THE BODY IS AN EARLY-WARNING SYSTEM

For generations, progress has been measured by speed, scale, and efficiency. But the body measures differently. The body measures:

- sleep quality
- clarity of thought
- emotional regulation
- resilience
- the ability to heal

When these begin to break down across many people at once, the message is not "adapt faster." The message is pause.

Ignoring the body's signals is not strength. It is rebellion against design.

BIOLOGY CAME FIRST

Human biology was not designed to compete with machines. Our nervous systems are rhythmic. Our hormones follow light and dark. Our cells communicate quietly, precisely, and cooperatively. Technology, by contrast, is loud, fast, and relentless — unless it is intentionally restrained.

When technology demands that humans adapt to it, something precious is lost:

- rest becomes optional
- sleep is disrupted
- attention fragments
- stress becomes normal

This is not progress. This is misalignment.

THE KINGDOM WAY IS ALIGNMENT, NOT ACCELERATION

A Kingdom future does not reject technology — but it places it in its proper position. Technology is a servant, not a master. A life-honouring approach asks different questions:

- Does this allow people to sleep and recover?
- Does it support family life, not fragment it?
- Does it respect human limits?
- Can it be slowed, dimmed, or switched off?

If the answer is no, then wisdom calls for redesign. Awareness Restores Authority. Fear grows in secrecy.

Peace grows in understanding. People deserve:

- clear information
- honest choices
- environments designed for health, not overload

WHEN COMMUNITIES ARE INFORMED, THEY DO NOT PANIC – THEY DISCERN. KNOWLEDGE PROTECTS.

SILENCE HARMS.

A FULL MOON INVITATION

This Full Moon invites us to return to balance. To remember that:

- speed is not the same as wisdom
- convenience is not the same as care
- and progress that costs human health is not progress at all

The way forward is not resistance, nor blind acceptance. The way forward is alignment. Technology must adapt to biology – not the other way around.

When we honour the design of the body, we honour the wisdom of the Creator, and we make room for a future where life can truly flourish.

WHEN WE NEVER REST, WE LOSE ALIGNMENT

"A body that never truly switches off becomes easy to drive."

Is this not exactly what darkness wants? When a people are out of alignment, they cannot rest. When they cannot rest, they stress, they fret, they remain on edge. They react instead of listening. They survive instead of discerning. **A body that never truly switches off becomes easy to drive.** "Business as usual" every day of the week is not neutral. It trains the nervous system to live in urgency. It fractures rhythm. It separates people from one another and from the quiet space where truth can be heard.

For many, especially those working shifts, there is no shared pause anymore. Days blur into nights. Weeks lose shape. The question quietly forms beneath the surface: **When do we stop? When do we breathe? When do we realign?**

The Full Moon reminds us that rest was never meant to be accidental or optional. It was established as a communal rhythm — a moment when a people stop together, not just individuals collapsing in exhaustion at different times. When rest disappears, anxiety multiplies. When anxiety multiplies, discernment weakens. This is not coincidence.

DARKNESS THRIVES IN NOISE, FRAGMENTATION, AND CONSTANT MOTION. LIGHT RESTORES THROUGH RHYTHM, STILLNESS, AND ALIGNMENT.

This is why collective rest matters. Not to escape responsibility, but to recover clarity. Not to withdraw from the world, but to remember who we are within it. Rest is not laziness. It is resistance. In shared rest, the body resets. In shared rest, thoughts settle. In shared rest, influence shifts — because peace spreads just as fear does.

THIS FULL MOON, WE ARE INVITED TO STOP TOGETHER. TO SWITCH OFF THE NOISE. TO STEP OUT OF URGENCY. TO REALIGN WITH THE HEAVENLY FATHER'S RHYTHM RATHER THAN THE SYSTEM'S DEMAND. A PEOPLE WHO REST TOGETHER CANNOT BE EASILY DRIVEN. A PEOPLE WHO REMEMBER RHYTHM CANNOT BE EASILY RULED.

CHARITY STARTS AT HOME & CAN BE FROM YOUR HOME...

"But ***do not forget to do good and to share***, for with such sacrifices the Heavenly Father is well pleased." Hebrews 13:16

People often say "charity starts at home," but many misunderstand what that truly means. Doing good does not begin with impressing others or spending money you do not have. It does not mean stretching your budget, exhausting yourself, or putting pressure on your household just to keep up with friends, trends, or expectations. That kind of giving brings stress, not blessing.

TRUE GOODNESS IS QUIET AND WISE

It begins with caring for what the Heavenly Father has already placed in your hands. When we try to give beyond our means, the cost is felt at home. Worry creeps in. Peace is lost. Children feel the strain. And what was meant to be good becomes heavy. You do not need to struggle to be kind.

SOME OF THE MOST MEANINGFUL BLESSINGS ARE SIMPLE.

- A small basket of your own **fresh vegetables or fruit.**
- A jar of **homemade jam.**
- Freshly **baked scones** wrapped in muslin cloth and a ribbon...
- Something **grown or made with care & love.**

These gifts carry nourishment, dignity, and thoughtfulness that money cannot buy. Especially in the plastic world we live in. Sharing from what you have is powerful. It tells people they are seen. It builds connection. It strengthens community without harming the household. **There is no shame in living simply. There is wisdom in staying within your means. The Heavenly Father values faithfulness, not display.**

CHARITY THAT COSTS PEACE IS NOT CHARITY. GOODNESS THAT DRAINS LIFE IS NOT GOODNESS.

When charity starts at home, it grows naturally. It becomes steady, honest, and sustainable. Teach your children the true value of giving with the heart. And from that place, it can truly bless others.

CLEAN IS A LIFESTYLE CHOICE, NOT A PRODUCT

In a world filled with brightly coloured bottles and instant promises, many people are quietly discovering a deeper truth: cleanliness was never meant to come at the cost of the body. True clean does not burn the skin, sting the lungs, or leave the nervous system on edge.

For generations, **households cleaned effectively without synthetic fragrances, optical brighteners, enzymes, or chemical cocktails**. They understood that real cleaning works with nature, not against it. Modern detergents, by contrast, clean by stripping. They dissolve grease by dissolving the body's natural oils at the same time. Over years of daily exposure, this design takes a toll that most people mistake for "normal ageing" or unexplained sensitivity.

When chemical cleaners and detergents are removed from daily life, the body often responds quickly. Not because something new was added, but because a constant irritant was finally taken away.

EST. 2018

GREEN BEE

biodegradables

The first changes are usually seen in the skin. Chronic dryness, cracking, itching, rashes, eczema-like patches, and unexplained irritation often calm down once harsh surfactants and fragrances are removed. Hands stop burning or tightening after washing. Nails become less brittle, stop peeling, and regain strength as natural oils are no longer stripped away day after day.

Respiratory symptoms frequently ease. Headaches, sinus pressure, post-nasal drip, and a constant "blocked" or irritated feeling often reduce when synthetic fragrances and cleaning fumes are no longer circulating indoors. Many people who believed they had dust or seasonal allergies discover that what they were reacting to was chemical residue in the air and on fabrics.

The nervous system often settles quietly. Improved sleep, fewer headaches, reduced anxiety, less agitation, and better concentration are commonly reported. Synthetic fragrance compounds are known neuro-irritants, even at low levels, and removing them allows the body to shift out of constant low-grade alert.

Hormonal and immune stress may lessen indirectly. Daily chemical exposure through skin contact and inhalation adds to the liver's detox load. When that burden is reduced, people often notice steadier energy, fewer unexplained aches, and a general reduction in inflammatory symptoms.

Children tend to show the most visible changes. Skin reactions ease. Sleep improves. Behaviour becomes calmer. Persistent coughs, rashes, or "mystery" irritations often fade once chemical laundry residues and household cleaners are removed from their environment.

These improvements are not dramatic detox events. They are subtle and progressive. **The body simply stops fighting.** This is why removing chemical exposure feels like relief rather than treatment.

The body does not need to be fixed. It needs fewer battles.

Choosing a simpler way of cleaning is not about fear. It is about discernment. Fat-based soaps bind dirt naturally without destroying the skin's barrier. Mild mineral alkalinity loosens stains without poisoning the body. Time, soaking, and warmth replace force and abrasion. This shift also requires a change in mindset. Instead of scrubbing harder, we soak longer.

Instead of adding scent, we allow fabrics to breathe. Instead of chasing artificial brightness, we aim for truly clean and residue-free. The results extend beyond cleanliness. Clothes last longer. Skin recovers. Nails strengthen. Homes stop smelling like chemicals. The body relaxes.

This is not about doing everything yourself. It is about choosing wisely. Buying or bartering for real soap. Reading labels. Reducing unnecessary exposure. Protecting the body from constant chemical interference. Clean living is quiet. It does not announce itself with fragrance. It does not sting or burn. It restores instead of depleting.

CLEAN IS NOT A PRODUCT.
CLEAN IS A LIFESTYLE CHOICE.

FULL MOON INSIGHT

BLACK SEED OIL - A QUIET WEAPON AGAINST PARASITES

Parasites thrive in silence. They settle where digestion is sluggish, immunity is distracted, and the body has learned to tolerate what does not belong. **Black seed oil has been used for centuries as a terrain cleanser** — not a harsh purge, but a steady reminder to the body of what is welcome and what is not. Its strength lies in how it works. Black seed oil does not simply attack parasites. It changes the environment they rely on.

Through its active compound, thymoquinone, it:

- disrupts parasite **survival mechanisms**
- **reduces inflammation** in the gut where parasites hide
- **restores immune recognition** so the body responds again
- **supports the liver and bile flow**, making the terrain inhospitable

Parasites depend on **congestion, sugar, and weakness**. Black seed oil restores clarity and order. Many people notice subtle signs first:

- reduced **bloating**
- **clearer** stools
- **less itching**, skin irritation, or restlessness
- a gradual **lifting of fatigue** or brain fog

Sometimes, even long-standing signs — like warts or skin eruptions — begin to dry up and fall away as the internal load decreases.

This Full Moon reminds us:

Cleansing does not need to be violent to be effective. Consistency, alignment, and patience carry power. A small daily dose, taken faithfully, allows the body to do what it was always designed to do — **restore balance and remove what does not belong**.

This oil carries many more layers of healing — touching immunity, inflammation, skin, and nervous system balance. We will focus on those in our next follow-up newsletter reflections.

REMEMBER: "Healing often begins quietly, when the body finally feels safe enough to let go."

Non-halal Organic Black Seed Oil from Viridian Nutrition sold at: Faithful to Nature, Wellness Warehouse, Weleda Pharmacies

PARASITE CLEANSING TEA

While this tea is good to drink on a daily basis, it is particularly effective to drink when the MOON is FULL, as this is when parasites are at their most active

Ingredients:

- 1 cinnamon stick
- 2 cloves
- 1 tablespoon of fresh grated ginger
- 1/2 tablespoon of oregano

Instructions:

1. Boil Water: Bring 4 cups of water to a boil in a saucepan.
2. Add Ingredients: Add the cinnamon stick, cloves, grated ginger, and oregano to the boiling water.
3. Simmer: Reduce the heat and let the mixture simmer for about 10-15 minutes.
4. Strain: Strain the tea into a cup or teapot.
5. Serve: Enjoy your parasite-cleansing tea hot.

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- Natural healing protocols
- Functional medicine approaches
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